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**50+Center Hours**

Monday - Friday  
8:30 am - 4:30 pm

On the Web at  
[howardcountymd.gov/aging](http://howardcountymd.gov/aging) or  
[howardcountymd.gov/northlaurel50](http://howardcountymd.gov/northlaurel50)

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**The North Laurel 50+,  
Connections & Kindred  
Spirits Programs are  
closed:**

**Friday, April 14  
For Good Friday**

**See page 3 for inclement  
weather policy**

## **NORTH LAUREL 50+ CENTER NEWS & NOTES**

### **Put Your Best Fork Forward**

Use National Nutrition Month® - March 2017 - to inspire us to start with small changes in our eating habits and nutritional choices. The campaign of the Academy of Nutrition and Dietetics focuses attention on the importance of food choices and in developing sound eating and physical activity habits.

This year's theme - "Put Your Best Fork Forward" - acts as a reminder that each bite counts and that making just small shifts in our food choices can add up over time. Nutrition offerings at North Laurel to assist in these choices include our daily congregate meal, nutrition counseling and our monthly nutrition education series "Healthy Tastings." Whether you are planning meals to prepare at home or making selections when eating out, *Put Your Best Fork Forward* to help find your healthy eating styles.

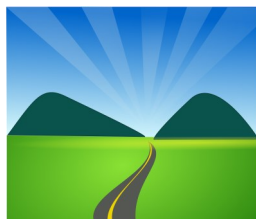
Stop by and enjoy all the Center has to offer -

*Trisha, Michelle, Carmen & Lauren*

## **CENTER HIGHLIGHTS**



**St. Patty's Day Bash  
Wednesday, March 15  
11 am**



**Lyric Opera Baltimore  
presents:  
This Land was Made for You and Me  
Wednesday, April 12  
11 am**

## NEWS & NOTES

### In Your Neighborhood

North Laurel 50+ Center, located within the North Laurel Community Center, offers a variety of programs and activities for persons age 50 and older. Get the 50+ monthly newsletter via email by signing up at the Front Desk, at the Center or on-line at [www.howardcountyaging.org](http://www.howardcountyaging.org).

If you need accommodations to attend North Laurel events or if you need this document in an alternative format, contact the 50+ Center at 410-313-0380. People who have a hearing or speech disability, please contact us through Maryland Relay by calling 7-1-1.

### North Laurel Senior Council

The Council supports North Laurel 50+, Senior Center Plus & Kindred Spirits operations, serves as an advisory group, plays a leadership role and represents the Center to the community. Assistance with events is always welcome.

<b>Coffee w/ the Council</b>	Mar 1 & April 3	9 am
<b>Music with Kay</b>	Mar 1 & April 5	10:30 am
<b>Rack 'Em Up Pool Party</b>	Mar 2 & April 6	12:30 pm
<b>Council Meeting</b>	Mar 14 & April 11	1 pm
<b>Matinee Movie</b>	Mar 16 & April 20	1 pm
<b>Birthday Bash</b>	Mar 30 & April 26	12 pm

### MEET THE STAFF

<b>Trisha Olsen</b>	410-313-0389
Director, 50+ Center	
<b>Michelle Feng</b>	410-313-0388
Assistant Director, 50+ Center	
<b>Carmen Faye</b>	410-313-0380
Front Desk, 50+ Center	
<b>Lauren Hilinski</b>	410-313-0387
Nutrition Specialist, 50+ Center	
<b>Nancy Riley</b>	410-313-7218
Director, Connections & Kindred Spirits Social Club	
<b>Rachel McCracken</b>	410-313-0398
Assistant Director, Connections	
<b>Nicholas Keplinger</b>	410-313-0395
Program Assistant, Connections	
<b>Vacant</b>	410-313-7218
Program Assistant, Kindred Spirits	

### Helpful Numbers

<b>State Health Insurance Program</b>	
(410) 313-7392	
<b>Maryland Access Point (MAP)</b>	
(410) 313-1234	
<b>RTA Mobility</b>	<a href="http://www.transitRTA.com">www.transitRTA.com</a>
1-800-270-9553	



***Are you a caregiver of a parent or loved one, or do you know someone who is providing care for an aging parent?***

The Connections Social Day Program at North Laurel formerly known as Senior Center Plus program, is a certified social model day program that offers a safe, affordable & stimulating option. Directed by a Certified Occupational Therapy Assistant, the staff is dedicated to providing a place for your loved one to socialize in a structured and supportive environment. The 4-hour program provides therapeutic programming, a well balanced lunchtime meal and snacks. For more information, please contact Nancy Riley, Director at (410) 313-7218 or email at [nriley@howardcountymd.gov](mailto:nriley@howardcountymd.gov).

The **Kindred Spirits Social Club at North Laurel** is a place for people diagnosed with an early stage memory disorder to interact with others who are walking the same journey. The club provides education, socialization, support and companionship in a safe and nurturing environment. For more information, contact Nancy Riley at 410-313- 7218 or [nriley@howardcountymd.gov](mailto:nriley@howardcountymd.gov).

## MEMBERSHIP & REGISTRATION

### Membership

You must be a registered member to use the North Laurel 50+ Center. Membership is free and it is a quick application process. It is required to register for programs & activities. Stop by the 50+ Center Front Desk between 9 am and 4 pm Monday through Friday for your membership card with photo ID.

### Registration

Sign-up for classes and activities at the 50+ Center's Front Desk. Some programs and activities require pre-registration and fees. Information on classes at North Laurel: <http://apm.activecommunities.com/howardcounty>  
We recognize that at times, members may need to withdraw from a class. All refund requests are subject to a minimum 20% administrative fee and there are no refunds for missed sessions. Additional fees may be assessed to recover costs associated with the program.

### Go 50+ Fitness Center Membership

The Howard County Go 50+ fitness center membership is available to Howard County 50+ Center members with access to four fitness rooms throughout Howard County. The cost is \$75 per year for residents and \$100 for non-residents. For more information, please call 410-313-0380 or visit the North Laurel 50+ Front Desk.

### WANT THE NEWSLETTER VIA E-MAIL?

**Complete a Postcard at the  
50+ Front Desk**



### Lunch Program

To join us for lunch, please sign up **in advance** in the lunch book located at the Front Desk. Please remember to call 410-313-0380 to cancel your reservation if you are not coming.

### Coffee Service

The North Laurel 50+ Center has coffee service Mondays thru Fridays when the 50+ Center is open. Regular & decaffeinated coffee and hot water are available. At times, snacks are offered courtesy of the North Laurel Senior Council. Donations are appreciated to continue this service.

### INCLEMENT WEATHER POLICY

If HOWARD COUNTY SCHOOLS status is:

**1 HOUR DELAY** - 50+ Center, Connections and Kindred Spirits are open with regular programming.

**2 HOUR DELAY** - Center opens at 10:30 am. NO lunches served. Programs scheduled to begin at 10:30 am or later will be held.

The Connections Social Day Program at North Laurel and Kindred Spirits are closed.

**CLOSED** - Call the 50+ Center (410-313-0380) or the Status Line (410-313-7777) to see if or when the Center will open. All instructor-led programs are cancelled for the day. NO lunches served. The Connections Social Day Program at North Laurel and Kindred Spirits are closed.

Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers.

Howard County Government is not responsible for the performance or non-performance of program sponsors.

## FITNESS OFFERINGS

### Age Well Exercise

Tuesdays & Thursdays 10 am to 11 am  
Cost: \$23 for 8 classes 3/14 to 4/13

**No Class 3/21 & 3/23**

Learn basic cardio combinations, burn calories, increase endurance, build lean muscle tone and bone density. Hand weights & elastic bands are provided. Instructor: Leah Daniels.

### Ballroom Dance

Tuesdays 1:30 pm to 2:30 pm  
Cost: \$52 for 6 sessions 3/21 to 4/25

Learn basic steps to a variety of fun and versatile dance styles. All levels welcome. Instructor: Steve Ferrara.

### Building Balance

Tuesdays & Thursdays 11:15 am to 12 pm  
Cost: \$ 48 for 8 sessions 2/28 to 3/23

Light cardio and muscle strengthening exercises to improve posture and build hand-eye coordination for better balance. Includes use of bands and weights. Instructor: Liz Presti.

### Mat Pilates

Wednesday & Friday 11:15 am to 12:05 pm  
Cost: \$46 for 8 sessions 3/3 to 3/29

Build flexibility, lean muscle, strength and endurance with emphasis on breathing to relieve stress and develop a strong core. Instructor: Maggie Lockhart.

### Total Toning

Fridays 9:30 am to 10:15 am  
Cost: \$42 for 6 sessions 2/24 to 4/7

**No Class 3/24**

An all-over workout of targeted areas to strengthen and tone core muscle groups. Instructor: Leah Daniels.

### Mindful Mondays

Mondays 9 am to 9:45 am  
Cost: \$35 for 6 sessions 4/3 to 5/8

This fusion class combines gentle, guided meditation focused on varying themes with light yoga stretches to incorporate mindfulness in your daily life. Instructor: Connie Bowman

### Chair Yoga

Mondays 10 am to 10:50 am  
Cost: \$52 for 8 classes 2/13 to 4/10 **No Class 2/20**  
Next Session: 4/24 to 6/19 **No Class 5/29**

Enjoy all the benefits of yoga in this seated exercise designed to reduce stress, increase range of motion, strength and tone muscles. Instructor: Lisa Rados, RYT.

### Gentle Yoga

Mondays 11 am to 12:15 pm  
Cost: \$56 for 8 classes 2/13 to 4/10 **No Class 2/20**  
Next Session: 4/24 to 6/19 **No Class 5/29**

Thursdays 1:30 pm to 2:45 pm  
Cost: \$56 for 8 classes 3/16 to 5/4  
Focused on strengthening all areas of the body while relieving stress and tension. Learn proper posture and breath work to deepen your practice. Instructor: Lisa Rados, RYT.

### Zumba Gold

Wednesdays 9:30 am to 10:30 am  
Cost: \$54 for 8 sessions 3/8 to 4/26  
A fun, Latin - inspired workout designed for the active older adult, incorporating Zumba's contagious rhythms at a lower intensity. Instructor: Roxanne Hartman.

***Class schedules are subject to change.  
Please confirm latest dates with staff***

## FITNESS, HEALTH & WELLNESS OFFERINGS

### Walking Club

Monday - Friday 8 am

The Walking Club meets five days a week for a brisk walk around the indoor track-12 laps equals one mile. A safe & weatherproof way to stay fit! Cards to record distance and time are available to track your "tracks."

### Fit 4 All

Thursdays 12:15 pm to 1:15 pm

Get "off the couch" with this drop-in group exercise using DVDs for stretching and light cardio. Some weights used as appropriate. All fitness levels are welcome.

### Line Dance Drop-In

Tuesdays 11:15 am to 12:45 pm

Cost: \$1/day drop-in fee

Learn today's popular step sequences in these fun weekly sessions. First half of class is basic and beginner refresher steps and the second half is more advanced sequences. Line dancing led by Linda Pohland.

### Massage Therapy with Ellen Consoli

Fridays in March & April 10 am to 1 pm

No Massage April 14

Experience the relaxing benefits of massage therapy to help relieve the stress in your life.

\$22 for 15 minutes - \$32 for 25 minutes

\$52 for 50 minutes

Make an appointment at the 50+ Front Desk

### Tap Aerobics

Wednesday 10 am to 11 am

Cost: \$33 for 6 classes 3/22 to 4/26

The class combines the rhythm of tap dancing with a healthy low impact aerobic workout. Tap shoes optional; smooth soled shoes required. Instructor: Ronnie Mack

### Exercise Counseling

Tuesday, March 7 9 am to 12 pm

Tuesday, April 13 9 am to 12 pm

Through individual appointments, Jeannie DeCray, exercise specialist, provides a free consultation on an array of exercise related topics including getting started, selecting the right program and working out at home.

### Fitness Center Guidance

Tuesday, March 7 1 pm to 3 pm

Thursday, April 13 1 pm to 3 pm

Meet Jeannie DeCray in the Fitness Room for group coaching and guidance on using the fitness equipment. Go 50+ Pass needed.

### Healthy Tastings - Mediterranean Cuisine

Tuesday, March 21 10:30 am to 11 am

Join Lauren to explore foods rich in grains, fresh herbs, fruits and vegetables. Learn new recipes and how to prepare healthy and flavorful meals. Sampling is encouraged. Join us in Hammond Branch Room.

### Nutrition Counseling

Monday, March 20 9:30 am to 12 pm

Wednesday, April 19 9:30 am to 12 pm

Schedule an individual appointment with Mary Kuttler, MS, RD, LDN, and improve your health and quality of life through nutrition counseling. Sign up at Front Desk for a 30 minute session or 1 hour for diabetics.

### Brain Teasers/Game Days

Thursdays, March 2 & 16 1 pm to 3 pm

Thursdays, April 6 & 20 1 pm to 3 pm

Challenge your mind while playing games in this interactive arena. Bring your own games to share or choose from ones at the center.

## ON-GOING PROGRAMS

### State Health Insurance Program (SHIP)

First & Third Thursdays 9 am and 10:45 am  
Meet with a trained counselor for help with your Medicare questions. This free service of the SHIP Program is available to Medicare beneficiaries and their families/caregivers. To schedule an appointment at the North Laurel 50+ Center, call 410-313-7392.

### Open Art Studio

Monday & Wednesdays 1 pm to 4 pm  
Drop-in to work on individual projects in the Patuxent Art Studio.

### Birthday Bash

Thurs, March 30 & Wed, April 26 12 noon  
Celebrate your birthday with a free lunch and cake. Sign up in the lunch binder by 3/22 & 4/19.

### Computer Chat

Wed, March 1 & 15 12 pm to 4 pm  
Wed, April 5 & 19 12 pm to 4 pm  
Meet with a tech volunteer to get help with technology questions. Please schedule a 1 hour appointment at the 50+ Front Desk.

### News Talk: A Current Events Group

Thursdays 10 am to 11:30 am  
A lively discussion group focusing on current news locally, nationally and globally.

### Sit, Stitch 'n Give

Fridays 11 am to 3 pm  
Gather to socialize and stitch projects for personal use or community giving.

### Rack 'Em Up Pool Party

Thurs, March 2 & April 6 12:30 pm to 2:30 pm  
Friendly competition at the pool tables. All players welcome.

**Sponsored by the North Laurel Senior Council**

### AARP Tax Assistance Program

Wednesdays, March 1 to April 12 1 pm to 4 pm  
Thursdays, March 2 to April 13 1 pm to 4 pm  
Free tax assistance by IRS certified counselors on 2016 Federal & Maryland State tax returns.  
**By appointment only.** Call the 50+ Front Desk.

### Talkin' Broadway Series

Monday, March 6 1 pm to 2 pm

#### ***More Musicals the Critics Panned***

Monday, April 10 1 pm to 2 pm

#### ***Musicals Based on the Silver Screen***

Monday, April 24 1 pm to 2 pm

#### ***More Musicals Based on the Silver Screen***

Follow the evolution of Broadway's rich history through discussion and live song presentation by Broadway singer, Steve Friedman.

### 50+ Acoustic Jam Sessions

Tuesday, March 7 & April 4 1 pm to 3 pm  
Meet up with local music enthusiasts to share and play; bring your instrument of choice.

### Matinee Movie

Thursday, March 16 1 pm to 3 pm

#### ***Florence Foster Jenkins***

Thursday, April 20 1 pm to 3 pm

#### ***Manchester by the Sea***

Free viewing with snacks & popcorn for sale.  
Sign-up in the Matinee Movie binder.

**Sponsored by the North Laurel Senior Council**

### Officer Lingham

Wed, March 15 & April 7 10:30 am  
Learn tips on protecting yourself and home from HCPD Officer Andre Lingham.

### Travel Talk: Let's Go on Safari !

Tuesday, March 21 10:30 am to 12 pm  
An interactive presentation of popular travel spots, tips and photos from travel enthusiast, Rick Hildenbrand.



## MARCH OFFERINGS

### Shipbuilding in Baltimore

Friday, March 10 10:30 am to 11:30 am

Shipbuilding in Baltimore enjoyed a long and rich history. Learn about Liberty Ships, The Baltimore Clipper and The Great White Cargo Fleet and the workers that constructed them.

### Remembering When:

#### A Fire & Fall Prevention Program

Tuesday, March 14 11 am to 12 pm

Older adults face a high risk of loss in fires and of falling in their homes. Learn quick tips on keeping your home and your self safe.

### St. Patty's Day Bash

Wednesday, March 15 11 am to 1 pm

Cost: \$3 plus lunch donation for those 60+  
Share in the luck of the Irish in this special St. Patrick's Day lunch featuring live Folk and Celtic music from the Mighty Kelltones. Tickets at the 50+ Front Desk.

### Spring Musical at Mt Hebron High

9440 Old Frederick Rd Ellicott City

Thursday, March 16 9:30 am to 12:15 pm

Experience live theatre with this production of **West Side Story**. To attend, contact Trisha at 410-313-0380 by 3/10. Space and parking are limited; please carpool.

### Mosaic with Charlene

Tuesday, March 21 1 pm to 4 pm

Cost: \$45 includes materials

Create a free form, faux stained glass mosaic with guidance from artist, Charlene Randolph. Students will design their own abstract pattern then glue, grout, clean and frame their piece. Sign-up by 3/17.

**Sign - up for programs at 50+ Front Desk**

### Fabulous 50 + Players

Friday, March 24 11 am to 1 pm

Enjoy an entertaining morning of live musical theatre from the Fabulous 50+ Players performing "Hear America Sing: Songs that Celebrate the American Spirit." Special lunch to follow; please reserve by 3/15.

### Buds & Blooms

Friday, March 31 10 am to 11 am

Inspired by multi-generational conversation, dance and self-acceptance, this program includes movement, interviews and dialogue. Updated waiver & photo release required.

### Art Workshop: Arm Candy

Friday, March 31 9:30 am to 11 am

Cost: \$8.00 includes materials & instruction  
Learn how to create the perfect spring accessory. Choose from a variety of materials and discover the perfect techniques to create a fun and colorful stretch bracelet. Sign- up by 3/29.

**Save the Date**  
for the 9<sup>th</sup> Annual

**WOMENFEST**  
A Health & Wellness Event for Women

**Saturday, April 29 • 10 am - 3 pm**  
Gary J. Arthur Community Center at Glenwood  
2400 Route 97, Cooksville, MD 21723

**INFORMATION • INSPIRATION • IDEAS**  
for living a more balanced, healthier and fulfilled life!

- Free Admission
- On-Site Parking
- 100+ Exhibitors
- Dynamic Seminars
- Engaging Workshops
- Important Health Screenings
- Cooking and Fitness Demos
- All Day Door Prizes

Howard County Office on  
**Aging and Independence**  
410-313-5440 (VOICE/RELAY)  
[www.howardcountymd.gov/womenfest](http://www.howardcountymd.gov/womenfest)

If you need accommodations to attend, please call  
Maryland Access Point (MAP) at 410-313-1234 at least one week prior.

# March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Feb 27</b> Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 <b>NO LUNCH</b> Open Art Studio 1	<b>28</b> Agewell 10 Blood Pressure 10 Building Balance 11:15 Line Dance 11:15 Ballroom Dance 1:30	<b>March 1</b> <b>Coffee w/ Council 9</b> <b>Music w/Kay 10:30</b> <b>Computer Chat 12</b> Pilates 11:15 Open Art Studio 1 <b>AARP Taxes 1</b>	<b>2</b> S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 <b>Pool Party 12:30</b> Game Day 1 <b>AARP Taxes 1</b> Gentle Yoga 1:30	<b>3</b> Total Toning 9:30 Massage 10 Sit, Stitch'n Give 11 Pilates 11:15
<b>6</b> Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 <b>Talkin' Broadway 1</b> Open Art Studio 1	<b>7</b> <b>Exercise Counseling 9</b> Agewell 10 Building Balance 11:15 Line Dance 11:15 Ballroom Dance 1:30 <b>Exercise Guidance 1</b> Jam Session 1	<b>8</b> Zumba Gold 9:30 Pilates 11:15 Open Art Studio 1 <b>AARP Taxes 1</b>	<b>9</b> Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 <b>AARP Taxes 1</b>	<b>10</b> Total Toning 9:30 Massage 10 <b>Shipbuilding in Baltimore 10:30</b> Sit, Stitch 'n Give 11 Pilates 11:15
<b>13</b> Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	<b>14</b> Agewell 10 Blood Pressure 10 Building Balance 11:15 Line Dance 11:15 <b>Remembering When 11</b> <b>50+ Council 1</b>	<b>15</b> Zumba Gold 9:30 <b>Officer Lingham 10:30</b> Pilates 11:15 <b>St. Patty's Bash 11</b> <b>Computer Chat 12</b> Open Art Studio 1 <b>AARP Taxes 1</b>	<b>16 Play at MHHS</b> S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Game Day 1 <b>Matinee Movie 1</b> <b>AARP Taxes 1</b> Gentle Yoga 1:30	<b>17</b> <b>Book &amp; Bake Sale 9</b> Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
<b>20</b> <b>Nutrition Counseling 9:30</b> Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	<b>21</b> <b>Travel Talk 10:30</b> <b>Healthy Tastings 10:30</b> Building Balance 11:15 Line Dance 11:15 <b>Mosaic w/ Charlene 1</b> Ballroom Dance 1:30	<b>22</b> Zumba Gold 9:30 Tap Aerobics 10 Pilates 11:15 Open Art Studio 1 <b>AARP Taxes 1</b>	<b>23</b> News Talk 10 Building Balance 11:15 Fit 4 All 12:15 <b>AARP Taxes 1</b> Gentle Yoga 1:30	<b>24</b> Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15 <b>50+ Players 11</b>
<b>27</b> Chair Yoga 10 Gentle Yoga 11 <b>NO LUNCH</b> Open Art Studio 1	<b>28</b> Agewell 10 Blood Pressure 10 Line Dance 11:15 <b>NO LUNCH</b> Ballroom Dance 1:30	<b>29</b> Zumba Gold 9:30 Tap Aerobics 10 Pilates 11:15 Open Art Studio 1 <b>AARP Taxes 1</b>	<b>30</b> Agewell 10 News Talk 10 Building Balance 11:15 <b>Birthday Bash 12</b> Fit 4 All 12:15 <b>AARP Taxes 1</b> Gentle Yoga 1:30	<b>31</b> Total Toning 9:30 <b>Art Workshop 9:30</b> <b>Buds &amp; Blooms 10</b> Massage 10 Sit, Stitch 'n Give 11
<b>Lunch is served at Noon Monday - Friday except where indicated; see insert for Menu &amp; Nutrition Notes</b>				
<b>Walking Club Monday to Friday 8 am or walk the indoor track whenever there is open gym time</b>				